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## KFCŽ Cole Slaw Fat Free

It doesn't get much easier than this. If you like the taste of KFC Cole Slaw, but don't like the 10.5 grams of fat per 3/4 cup serving, you're going to love this recipe. Using fat free Miracle Whip and sugar you can make a guiltless dressing to recreate the taste of the world's most famous cole slaw. The most work you'll do on this one is chopping the cabbage, carrot and onion into tiny, rice-size bits. That's an important step, if you want the texture of the original. Plus, the chopping action may help burn off what little calories you consume eating this original Top Secret Recipes fat free conversion of a fast food favorite.

1 cup fat free Miracle Whip 1/4 cup  
sugar 8 cups cabbage, finely minced 1/4  
cup carrot, shredded then minced 2  
tablespoons minced onion

1. Combine Miracle Whip with sugar in  
a large bowl. Mix well with electric  
beater until sugar is dissolved. 2. Add  
cabbage, carrot, and onion, and toss  
well. Be sure cabbage and carrot are  
chopped into very small pieces, about  
the size of rice. 3. Cover and chill for at  
least two hours before serving. Serves 8.

Nutrition Facts Serving size Approx.  
3/4 cup Total servings 8 Fat (per  
serving) 0g Calories (per serving) 57

Original Fat (per serving) 10.5g

Calories (per serving) 210